

TELEPHONE
661-396-2301

FACSIMILE
661-396-2349

Children are Born Explorers

When it comes to exposure, nothing holds back KBYH's STRTPs. From self-esteem activities to therapeutic and team building exercises, KBYH embraces them all. To jump start the beginning of this Fall's adventures, our boys participated in several high-profile events. These events included the UCLA vs LSU football game at the Rose Bowl, bowling at the Fire House, outdoor Yoga, and lots of preparing and cooking food at home. The boys described the UCLA game as thrilling. According to a few of our boys, it was such an exciting experience to be part of an event with nearly 80,000 fans screaming, yelling, and cheering. Likewise, all the boys living at the Almklov House participated in Outdoor Yoga with their STRTP therapist. KBYH believes Yoga is a time of introspection and meditation where the boys can withdraw themselves to contemplate what is important for them. Also, they all participated in the workout after the Yoga exercise. Moreover, our boys love to eat! So, the staff at our STRTPs started a weekly cooking group. The boys are preparing and cooking full gourmet meals every week for dinner and sometimes breakfast. The word around KBYH is these meals are very delicious and our staff gives them 4 stars. In short, these activities give our boys educational experiences away and in the STRTP environment. Learning in assorted ways can appeal to various learning styles. This in turn, affords each boy the ability to learn something from exercises whether they are visual, auditory, or kinetic learners.



“Kern Bridges is All About Building Lifelong Positive Memories”

ISFC Corner

“CSEC”

CSEC stands for Commercial Sexual Exploitation of Children and the following are important factors to know about CSEC:

Victims: ALL children) girls, boys, transgender youth) from ANY background. Average age is 12-14 years old.

Perpetrators: Predators who seek out vulnerable victims. Can be ANYONE, including family members, boyfriends, other “trusted” adults

Red flags: No identification or not in control of identification documents, inappropriate dress, homelessness, tattoos (particularly of another person’s name and in a predominant part of the body like face, neck, chest, new clothing and/or hair styles and nail treatments with no independent financial means, visible signs of abuse, frequent sexually transmitted infections or pregnancies, older male or female friend, excessive truancy or tardiness from school, behind in grade level, developmentally delayed, behavior problems, frequent contact with juvenile justice system, use of fake identification

Child Trafficking Response Unit-
916-651-6160,

CSECProgram@dss.ca.gov

Kern Coalition Against Human Trafficking (KCAHT) 1-888-3737-888,

www.humantraffickinghotline.org

Text HELP to 233733 (BEFREE)

Upcoming Trainings

November

No Training

December 1, 6:00 - 8:00 pm

“Cultural Competency & Best Practices with LGBTQ Youth” with Jennifer R.

CPR/1st Aid

CPR and First Aid trainings are on an as needed basis at this time. Contact your KBYH Social Worker if you need to renew your certification.

ISFC Training & Support Group

November 16, 6:00 - 8:00 pm

“Child Development and Behaviors”

December 14, 6:00 - 8:00 pm

“CSEC and Runaways”

Trainings are open to any Kern County approved ISFC Resource Family and include child care (over 2 years old) and dinner.

RSVP to Carrie Wombacher carrie@kernbridges.com

Kern Bridges has Moved!

Well, kind of. Over the course of the next 6-12 months, the KBYH offices at 1321 Stine Rd. will be undergoing a much-needed renovation and remodeling. As such, some KBYH administration and staff have moved to a temporary office at 5001 California Ave, Ste 140. Other staff will continue working from home. KBYH's Supervised Visitation Program will continue to operate at our regular 1321 Stine Rd. location throughout the course of the renovation. You can still reach KBYH at our main number, 661-396-2301, and all other staff phone numbers (and email addresses) have remained the same as well. Also, correspondence can still be mailed to 1321 Stine Rd., 93309.



*5001 California Avenue
Ste. 140*

KBYH Staff

KBYH Staff Anniversaries

October

- Michael O'Doherty 3 years
- Ana Landeros 15 years
- Abraham Nesheiwat 1 year
- Catherine Santerre 2 years
- Jim Vanderzwan 20 years

November

- Tony Balderas 14 years
- Karen Kenney 5 years

Resource Family

Child Birthdays

November

- Ahryana 11/23 2 years
- Jeremiah O. 11/26 15 years

Parent Birthdays

October

- Lilia Leon 10/12
- David Mongold 10/17
- Ashley Reyes 10/31

November

- Gale Doverspike 22
- Teresa Viramontes 30



KBYH Staff

Staff Birthdays

October

- Raymond Brown 3
- Mike Ramirez 15
- Tony Balderas 18
- Bianca Ruiz 20
- Alwaysne Mustin 20

November

- Jennifer Robbins 1
- Robert Carter 1
- Sean Brown 8
- Elvia Alvarez 11
- Cindy Perry 16
- Bobby Brown 16



SAFETY



This month is the beginning of seasonal holidays where families come together and prepare special meals for Thanksgiving and Christmas. Large meals are prepared in inside and outside kitchens where heat and oils are used. Safety must be exercised to avoid serious injuries. Following is information to make your special occasion safe.

Here's how you can prevent burns in your kitchen

Burns can happen in any home, whether it's a hot faucet, tipping cup of coffee, oven or even a too-hot fork or plate. In fact, burns are one of the most common childhood accidents. But not all burns are created equal. As every burn differs based on the cause, they require unique treatment. Here are a few different types of burns that can happen inside the home:

Contact burns

Contact burns happen when the skin touches a hot object like the stove or oven. According to the [American Burn Association](#), about 70,000 people went to the emergency department for contact burns in 2018, and roughly one third of these patients were children under the age of 5.

Scalds

Scalds are the most common type of burn and are caused by things like hot steam, spilled coffee, hot foods or cooking oil. This happens most often when a caregiver is holding a baby while drinking coffee or cooking then accidentally spills. But spills can also happen when kids reach up to get food out of the microwave or off the counter.

How can I prevent burns?

Babies and young children are especially at risk for burns because they're small, have sensitive skin and are curious about the world around them. Follow these tips to prevent burns from happening in the kitchen:

Let it cool

Hot foods and drinks should be set out to cool for a few minutes before you serve them to your kids. You might even want to try the food before serving, and remember: if it feels hot to you, it's too hot for children, who are much more likely to spill.

Keep it out of reach

Always keep hot foods and drinks out of reach of kids. Turn the handles of pots and pans so they aren't near the edge of the stove. Place cooling foods in the center of the counter or table so kids don't reach for them. Covers for stove knobs can be purchased so that it's difficult for children to accidentally turn on the stove. Ovens often have a locking mechanism to prevent accidental opening.

Use a lid

Even when you are at home, you should use a travel mug or a cup with a tight-fitting lid for coffee and other hot drinks to prevent spills and burns.

Be careful with microwaves

When microwaving food for your child, make sure to stir the food after heating to get rid of hot spots. While the microwave is fairly simple to use, do not let young children heat their own food. Activate child locks on microwave ovens. If you are unsure how to do this, look at your instruction manual or contact the manufacturer.

Keep it kid free

Mark a 3-foot space around your stove or other areas where you prepare food to prevent burns. If you have very young children, you may want to set up a barrier, like a baby gate, to prevent kids from getting too close to food preparation areas.

How can I treat a burn?

Because there are different types of burns that can range from mild to life-threatening, there's not a single course of treatment. If your child does get a burn, [these tips](#) can help you temporarily relieve pain until you can get medical care for your child. Once you minimize the pain, go to an emergency department to get further assistance. In the cases of severe burns, always call 9-1-1.

Courtesy of: Children's Minnesota - www.childrensmn.org



Youth Spotlight: Devin S.

Kern Bridges Child of the Month

This month Kern Bridges would like to acknowledge Devin S. Devin continues to make tremendous growth in his communication skills and personal life skills. Devin is able to express his thoughts and feelings in a respectful and caring way. Devin has shown empathy and respect when around other peers when stories are shared. Devin continues to open up during face-to-face visits in which he has allowed his RS to assist him with any question or advice he might need. He continues to demonstrate good leadership skills, is caring for his siblings and does well at school, and at home. Keep up the great work Devin!!

New KBYH Resource Family: The Rivera family

KBYH would like to welcome our newest family, the Rivera's! Horacio and Lorena Rivera have been married for 20 years and have 2 biological children, Sebastian (17) and Isabella (15). Mrs. Rivera is a Special Education Teacher's Aide and Mr. Rivera works in sales. The family enjoys spending time together. They have an English Bulldog, Bullet. Welcome to the KBYH family!!

Welcome Rivera family!!!

